

## ABSTRACT OF THE DISCLOSURE

A cap has a cap body; a sunshade cover removably and rotatably connected to the cap body by means for connecting, having a cooling material; the connecting means having a projection received in a recess, arrangement of the projection in the recess allowing for rotation of the sunshade cover between the extended and stored positions; and a fixing means for detachably fixing the sunshade cover in either the extended position or the stored position so that it can protect the back part of the head and nape of a person under a scorching sun from the direct rays and the heat of the sun and having a cold insulator incorporated therein to keep cool the head and nape of the wearer for a long time.